# The Ultimate Vegan Baking Cheat Sheet

Many of your favourite recipes can easily be made vegan by substituting a few key ingredients. Use this list to get started!

#### Eggs: They're Not All They're Cracked Up to Be

Millions of newborn male chicks are killed every year in India, using cruel methods such as burning and drowning, because they are considered worthless by the egg industry.



First, you need to determine why your recipe calls for eggs. Then, use one of the following to replace each egg in your recipe.



#### Egg Replacer in Custards and Tarts

-> Replace each egg with 1/4 cup puréed soft tofu.

Tip: If you're in a pinch, a can of diet soda can be used to replace 2 eggs in many cake recipes, and it won't add any calories!

Tip: If you need to replace just an egg white, try 1 Tbsp plain agar powder dissolved in 1 Tbsp water, whipped, chilled, and whipped again for each egg white.



#### Is it for binding?

The final product will be dense and thick.

YesYouCan Vegan Egg Replacer (follow the instructions on the packet)

2 Tbsp potato starch + 2 Tbsp water

2 Tbsp instant mashed potatoes

Cornstarch

Is it for leavening? The final product will be light and fluffy.

2 tsp baking soda + 2 Tbsp warm water + 1/2 tsp oil

1 tsp baker's yeast dissolved in 1/4

(follow the instructions on the packet)

Orgran No Egg Egg Replacer

2 tsp baking soda + 2 Tbsp warm water

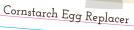
cup warm water

#### Flaxseed Egg Replacer

l Tbsp ground flaxseeds 3 Tbsp water

Mix until well combined and gelatinous

Replaces l egg



2 Tbsp cornstarch

Mix until well combined and gelatinous

Replaces 1 egg

### Dairy: Don't Steal From a Baby!

Cows produce milk for the same reason humans and other mammals do - to nourish their young - but their babies are taken away from them shortly after birth.



#### Replace coms' milk in your recipe with equal amounts of these:

- $\longrightarrow$  Soy milk (better for rich desserts)
- $ightharpoons {\cal E}$  Coconut milk (better for rich desserts)
- →> Almond milk
- →> Oat milk

Tip: Be sure to purchase unsweetened flavours for baking. Otherwise, you may get a slightly sweeter

## Buttermilk Replacer

1 cup unsweetened soy milk 2 Tbsp lemon juice or vinegar

Combine the ingredients in a mixing bowl and whisk until creamy

Equal to l cup buttermilk



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#### Aguafaba:

It's the liquid left over from cooked chickpeas. Simply reserve the liquid when draining cooked chickpeas. It can be added to recipes without whipping as an egg binder or after whipping as an egg white substitute.

3 Tbsp of aquafaba equals 1 egg

#### Margarine: Are You Trying to Butter Me Up?

A cow's natural life span is about 25 years, but cows used by the dairy industry are killed after a mere four or five years of confinement and misery.

Use one of the recommended products listed below, and when baking, simply substitute the butter with the same amount of plant-based butter:

- -> Coconut milk
- —> WhiteCub Vegan Buttery
- →> One Good Butter
- -> Homecraft Butter
- ─ Grabenord "Not a Dairy Butter"

Tip: For baking, always use full-fat margarine, not light.

## Sweetened Condensed Milk Replacer

2 ½ cups soy milk 6 Tbsp vegan margarine

½ cup sugar

Heat the soy milk in a pan until boiling.

In a separate pan, melt the vegan margarine over medium heat. Add the sugar.

When the sugar begins to melt, add the hot soy milk and the salt.

Boil gently and stir for approximately

Makes approx 400 g